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Hamburger



Ideas for burgers:

- Bunless (Bare) Burger
- Deconstructed Burger Salad
- Regular Burger

Protein	Starch	Vegetables	Extras – fat / oils
Chicken fillet Pulled chicken Smoked salmon Flaked tuna Snoek Lean ostrich patty Lean beef patty Lean game patty Edamame beans	High carb/ fat sides: Sweet potato fries Potato fries High carb options: Oven-bake sweet potato fries Oven-bake potato fries Bun For deconstructed bowl: Grains e.g. quinoa, black rice, brown rice or other Corn Grilled butternut Grilled beetroot Legumes e.g. baked beans or black beans Grated/spiralised beetroot Grated/spiralised carrots	Starch alternatives Aubergine slices Baked Mushroom Baby marrow Fries Non-starchy vegetables: Lettuce Rocket Watercress Fresh baby spinach Tomato Cucumber Basil Mushrooms Onions Gherkins Coleslaw Greek salad	Hummus Avocado Guacamole Grated cheese or cheese slices Halloumi Brie cheese



Coleslaw

½ small white / purple cabbage shredded
½ red onion, halved and thinly sliced
1-2 carrots (julienne or spiralized)
¼ cup pomegranate seeds
2 tbsp chopped mint
1 tbsp. cider vinegar
1 tbsp. extra virgin rapeseed oil



Cauliflower hummus

1 head cauliflower, cut into florets
2 tbsp. olive oil
Salt & freshly ground black pepper
2 tbsp. tahini
1 tbsp. lemon juice
2 tsp honey

Method

Preheat oven to 200C. Place cauliflower florets on baking tray. Drizzle with 30ml olive oil and season with salt & pepper. Cover with foil and roast in oven for 10-15minutes. Remove the foil and roast further for another 10 minutes until golden. Mix all the ingredients in a food processor. Process until smooth. Sprinkle with sesame seeds just before serving.

Zucchini Fries

Zucchini
1 egg, beaten
½ cup grated parmesan cheese
½ tsp garlic powder
1 tsp Italian spice

Method

Preheat oven to 200C. Line 2 baking trays with parchment paper. Slice the zucchini into fingers (more or less 16 per large zucchini). Have the beaten egg in a bowl and the parmesan and seasoning mixed in a second bowl. Dip a slice of zucchini in the egg wash and transfer to the parmesan. Use your other hand to coat the zucchini in the cheese and transfer to the baking tray. Repeat until everything is coated. Bake for 20-25 minutes flipping halfway through.